



THE SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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Women Can Have it All

The Honorable Elaine L. Chao joins the series



TRACY DEER-MIREK/ SACRED HEART UNIVERSITY

THE HONORABLE ELAINE L. CHAO, 24TH U.S. SECRETARY OF LABOR (2001-2009), IS INTERVIEWED BY TRUSTEE LINDA MCMAHON AS PART OF HER "WOMEN CAN HAVE IT ALL" SERIES IN THE MARTIRE BUSINESS & COMMUNICATIONS CENTER FORUM.

BY EMILY ARCHACKI
Editor in Chief

On Thursday, March 31 Linda McMahon hosted the fifth installment of her "Women Can Have It All" series. Her featured guest this time was the Honorable Elaine Chao, the 24th United States Secretary of Labor from 2001-2009.

Chao was the first Asian American woman in U.S. history to be appointed to the Cabinet, and received an honorary Doctor of Laws degree from Sacred Heart University in 1991.

Prior to working in the Department of Labor, she worked as the deputy administrator of the Maritime Administration in the U.S. Department of Transportation. In 1989, she was nominated to be the Deputy Secretary of Transportation by President George H. W. Bush. From 1991-1992, Chao was Director of the Peace Corps.

Following her service in government, Chao was the President and CEO of United Way of America for four years. Before she began a career in politics, Chao worked as an international banker for Citicorp.

Chao, the oldest of six girls, shared with those in attendance the story of her family's journey immigrating to the United States from Taiwan when she was eight years old. In addition to sharing her career experience as a woman having worked in both the public and private sectors, she also shared her advice on being involved in leadership positions and the importance of understanding the organizations one is involved in.

Q: Why did you decide to invite Secretary Chao today?

A: McMahon: This series is very valuable in reaching out to young women, especially young women in universities. Elaine has such an incredible background. She came here when she was eight years old from China. Undaunted, didn't speak any English. She has really worked her way up. She has been in the Peace Corp, she was the CEO of United Way, and she is married to a pretty prominent figure herself [Senate Majority Leader Mitch McConnell]. Elaine and I met several years ago; she was so kind to me. I was attending an RNC [Republican National Committee] in Washington, and I was as per usual by myself. I was standing at one of the high tops, waiting to go into the main area. I was just reading or whatever and Elaine came over and graciously introduced herself to me. She said, "Oh are you here alone." I said, "Yes, I am as a matter of fact but that's just fine." So we chatted back and forth for a little bit and she found out that I was the CEO of World Wrestling Entertainment [WWE] and seemed to be just enthralled with the fact that there was a woman CEO there. We met and we had little emails back and forth. Elaine was at the Heritage Foundation so I communicated back and forth there as well. It's been fantastic to have a friend, acquaintance like the former

Secretary of Labor. As this series really has grown and continues to grow I thought, "Wow who could just come and be better than Elaine Chao." I reached out, and she said, "You know what, if my calendar is clear, I will be there."

Q: You were a White House Fellow in 1983, is that where your initial interest in government and public policy work began?

A: Chao: No. I want to offer young people encouragement in this sense. I am an immigrant to this country. I knew so little about this country. So I had no idea what I wanted in a White House Fellowship program. All I knew was that I was new to this country, I didn't understand the government, I had been in the private sector, I was a banker with Citicorp and there was so many things about this government that I just didn't understand. As a citizen, a newly minted citizen of this country, I felt it was very important for me to understand my own government. So when the opportunity came, I was accepted as a White House Fellow I went to work at the White House in the Office of Policy Development. Things just fell into place. I was not political when I first started. I'm Asian American. Most Asian Americans are not political. They are getting more so now because there are larger numbers of Asian Americans, they're becoming more acclimated and more financially secure. When we first came the first priority is to achieve financial security. Most Asian Americans of my generation came and they just wanted to have financial security. They didn't think too much else about what else to do. I was actually quite a pioneer in even having an interest in government. But that's where I think my parents really came into play in encouraging me. My parents are immigrants. My mother passed away, my father is still with us. If you were to listen to him he has an extraordinary heavy Chinese accent. Their world as newly arrived immigrants was so circumscribed, and yet they had incredible faith in this country that their daughters would have greater opportunities than they would. They believed that these opportunities are out there.

Q: In your role as Secretary of Labor, what was the most challenging aspect of that position?

A: Chao: You're in a public position. Linda McMahon knows this as well, because when Linda was campaigning she saw all different kinds of people with different points of view. Being a uniter of people I'm sure Linda thought about ways how to bring people together. So when you're in public office you're bombarded with an incredible array of different viewpoints. The challenge is to know what you stand for, what you believe in, how to rally support for what you think is best for the country. But also try to bridge the differences between different groups.

Continued on page 2

TWEETS of the Week

@annaleone6996

"I miss my friends, bed, and dog more than any words can describe."

@justicekall

"Waking up realizing you have leftover pizza has to be the greatest feeling"

@emcusickk

"I wish someone would be like 'April fools you actually have your life together'"

"Tweets of the Week" are taken from a public forum on Twitter. Tweets are opinions of the individual and do not represent the opinions of Sacred Heart University or The Spectrum Newspaper. If you want to see your Tweet in the newspaper, use the hashtag #ShuSpectrum and you may be featured!



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News

“ Over and over again, we hear from prospective students that it only takes one visit here to discover how special Sacred Heart is. ”
- Deborah Noack, Director of Communications

Continued from page 1

Q: What does it mean to you to be a woman in the workplace?
A: Chao: I think the opportunities are increasingly better in all three sectors of our economy: non-profit, profit, and the government sector. When I first started out I think being a woman was not that great of an advantage. I think now it can be quite an advantage. I'm on a number of corporate boards, I'm on a number of non-profit boards and these boards are now clamoring to find female talent. They want female board members, despite what you hear female board members are very sought after... So I think it's easier for women now. There are of course barriers; I think the world continues to improve. But I also think it's best not to take advantage of your gender either. When you can of course we all take advantage of what we have but I mean I wouldn't rely upon it either. Just try to do your best and do something worthwhile. Do something you love.

Q: Can you talk a little bit about your involvement with the Ruth Mulan Chu Chao Foundation?
A: Chao: Yes, that's my mother. It's a family philanthropy and we're very much into education. The next phase is healthcare. We have a major project up at Harvard right now. It's coming online June 6 of this year, and that's when the dedication ceremony is... after my mother passed away that my father began to make gifts in her name because he wanted the world to know how pivotal she was in our family's life and his life. He wanted her to get the credit. She was very quiet. So it's the first building named after a woman on campus, it's the first building named after an American of Chinese descent, with a Chinese surname.
Q: You talk a lot about your family. Do you attribute your career success to your upbringing and having parents that were immigrants and then yourself being an

immigrant?
A: Chao: I think family is very important. I think every culture; every country will acknowledge that, people from every country will acknowledge that. Your family is what gives you the basic foundational knowledge with which to tackle life. When we first came here to America it was very, very difficult. My parents never lost their sense of optimism; they had incredible faith in this country. I don't ever remember my mother complaining. She thought it was her duty, her responsibility. She had an incredibly positive attitude that infused everyone in the family as well.
Q: Do you have any advice for college graduates that will be entering the American workforce in the coming months?
A: Chao: We now live in a knowledge based economy and it's very important to always keep on learning. So never stop learning even though you've left school.

Founders Day Celebrates Milestone Anniversaries

BY PHILLIP ZELLER
Staff Reporter

On Wednesday, March 23, Sacred Heart held it's 52nd annual Founders Day celebration, honoring the faculty and staff that have dedicated their time to the University community.
“Founders Day represents the anniversary of the signing of the charter that established Sacred Heart University in 1963,” said Deborah Noack, Director of Communications at Sacred Heart University.
Founders Day celebrates momentous years of service from members of the Sacred Heart faculty and staff, usually commemorating 5 years, 15 years, 20 years, 25 years and so on.
“Over the years, Founders Day has become a chance for us to celebrate milestone anniversaries of employment at the University and this year, we celebrated more than 50 people who have been here for 15 to 40 years,” said Noack.
Out of the 50 people recognized this year, one of them, who has dedicated 40 years to the students at Sacred Heart, is Dr. Sidney Gottlieb, Professor of Communications and Media Studies.
“I came here in 1976, so the school was still fairly small,” said Gottlieb. “Over the years, however, it has changed a lot and I think it has held a lot to its original mission.”
Professor Gottlieb was a longtime editor of scholarly journals, books, and other published content, according to the Sacred Heart University website.
He has also published essays on Alfred Hitchcock, Jane Austen, and many other significant figures in history, literature, and film.
“The University wanted to serve a liberal arts institution and it wanted to serve the community that we're a part of,” said Gottlieb.
Throughout his time here at Sacred Heart, Gottlieb said that he has seen tremendous growth in the communications department since he began working here.
“We've grown so much, we have new facilities and I think the mission is that we want to have people who are serious about the study of media and the practice of media and that is really what we wanted from the very beginning,” said Gottlieb.
Gottlieb is also impressed with the technological and resourceful growth that the

university has achieved.
“The mission remains the same, but now we have more teachers, more resources, more state of the art technology so I think the challenge now is to be true to that mission,” said Gottlieb.
Because of the overall growth of the communications department and through efficient education from professors that come from all over in the field of the media, one may question what direction the field of communications is headed towards.
“I think there's a tremendous pressure for lack of better term to steer the department towards very career-oriented professional goals and professional activities,” said Gottlieb. “I hope that we're able to give equal value to the artistic side, the public interest areas and aspects of media and things like that, so that's a challenge that's something I think we address everyday.”
Founders Day is not just about celebrating the tremendous success of professors who dedicate their time to the students, but also about reflecting on the Sacred Heart's history as well as what the future holds for university.
“Since Sacred Heart's founding in 1963, and its initial graduating class of 173 graduates, today, we have more than 8,000 students – both undergraduate and graduate – attending our six colleges,” said Noack. “We have seen the University grow in many areas including the number of students, the number of faculty and staff, the number of program offerings and more.”
Founders Day is also a celebration of the future by praising the work that is done in the present.
“We don't know what the next 50 years will bring, but we do know that we will continue to be innovative and thoughtful,” said Noack. “One thing that will never change, however, will be our focus on the mission and vision of our founders – not only to prepare our students for successful careers but to make the world a better place.”
Founders Day is a day to thank the faculty and staff who work tirelessly to help the Sacred Heart community, but it also reflects upon the students who happen to make a great contribution to the university as well.
“Our student population is special, intelligent, thoughtful, talented and caring of others,” said Noack. “Over and over again, we hear from prospective students that it only takes one visit here to discover how special Sacred Heart is.”

Chi Omega Hosts Make-A-Wish Ball

BY HANNAH MAXIMIN
Staff Reporter

Kappa Mu, the chapter of Chi Omega at Sacred Heart, hosted the Make -A -Wish Ball in the University Commons auditorium on Tuesday Mar. 29.
Members of Kappa Mu, other Sacred Heart sororities and fraternities, friends and family members, gathered together to honor and fundraise for the Make-A-Wish organization, which has offered many opportunities to children suffering from medical illnesses.
“The Make A Wish Foundation is such an amazing foundation that offers happiness and hope to kids that are suffering because of certain life-threatening medical conditions,” said freshman Emily Wonsiewicz, a member of Kappa Mu.
The event extended the welcome to the whole Sacred Heart community in support of the Make-A-Wish foundation.
“We had a great turnout, even News 12 covered our event,” said Senior Caroline Valenzano, president of Chi Omega, Kappa Mu. “We do not have the final count for money raised yet, but overall everything went smoothly.”
The ball began at 6 p.m. with light refreshments and live music.
Friends and family members made donations to the organization as well.
Junior Claudia Guariglia, the community service chair for Kappa Mu, was the first to deliver a brief, yet welcoming speech.

“I wanted the audience to know how important Make-A-Wish is to Kappa Mu and how we truly enjoy our work with them and cherish the relationship that we have with Make-A-Wish,” said Guariglia.
Junior Cristina Zangaglia, secretary of Kappa Mu and a Wish Child herself, spoke about how the foundation granted her wish of meeting dancer Julianne Hough after being diagnosed with ovarian cancer.
“Make-A-Wish brought hope and spirit back into my life. It gave me an opportunity I had never imagined and allowed my mom and I to be happy while doing fun things,” said Zangaglia. “We did not have to worry about the stress of reality.”
Along with Zangaglia, two other members of Kappa Mu were also Wish Children.
The Make-A-Wish organization has played a prominent role in the life of Chi Omega. As of 2015, Kappa Mu has raised over \$7,000 in donations through volunteering their time, talents and money.
“We host two big events during the year to raise money for Make A Wish since it is our philanthropy,” said Guariglia. “We are honored to host one event in the fall, which is called The Boutique Bazaar and one in the spring which is normally called The Luau, but has now been changed to The Wish Ball.”
The Make-A-Wish Foundation has honored Chi Omega for the volunteer efforts of its members.
Emma, a 14-year-old Wish Child, had her wish granted and will be traveling to Paris. She attended the event as well.
Her mother gave an appreciative speech thanking all

who donated and fundraised to make this opportunity possible.
“It took my breath away because I saw all the hard work come to life, as well as seeing Emma and her mom. It was so inspiring,” said Guariglia. “I feel like I now have great new people in my life.”
The women of the Kappa Mu chapter said they are honored to have worked so hard to put together such an event. They will continue to work with Make-A-Wish, by fundraising and volunteering, and offering children who are suffering from medical conditions a chance to have their wish granted.
“Your health and your childhood are two things people, myself included, often take for granted. Make-A-Wish foundation works so hard on bringing hope and happiness back into the young lives suffering from such tragic illnesses,” said Valenzano. “Seeing the smile on a young kid's face because they got their 'wish' is more rewarding than I can express.”
Chi Omega has been very successful in raising awareness and funds for the Make-A-Wish foundation over the years, due to very passionate members and a large sisterhood.
“Chi Omega's 180 chapters nationally have raised over \$13 million for Make- A-Wish in the past ten years,” said Valenzano. “Some sisters have a connection to the organization and some sisters were not educated in it, but Chi Omegas will always come together to help this cause. I am so proud to be a part of Chi Omega because of its dedication to Make-A-Wish.”

Perspectives

Baseball Season Begins



MELANIE...



Much to my chagrin, this week I have succumbed to my partner's demands and agreed to talk about one of his favorite things in the world. For those of you who don't have the pleasure of knowing the man to my right, he is an avid baseball fan. Don't ask me what team he routes for, but I'm pretty sure it's the one that hasn't won a game since before he was born.

There are few things I despise more in this world than sports. (See article on football.) However, there really isn't much worse than baseball. First and foremost, the rules of the game are ridiculous. Hit a ball, run run run, slide and get white pants dirty. Honestly, how many pairs of white pants do you think those guys must go through? That must be why they get paid so much... So they can keep buying new white pants.

Back to the point, though.

Baseball as a fundamental concept is stupid. Unlike other sports with officials and judges and rules, baseball seems to slide between the dials of the moral compass. Players can steal a base or bunt a ball, and at some points they can even walk to first base without any consequences. How can I expect the kids I babysit not to cheat in board games if they're watching their idol stealing third on the big screen?

And as for the judging? An umpire gets to make all those calls? What if he was bribed or something? How can you ever really be sure he sees everything, especially with all that dust flying everywhere?

Do I even have to mention that Major League Baseball contests for the sport with the most steroid usage among players? It

seems to me that everything about the good old American pastime emphasizes bending the rules and doing whatever it takes to get ahead.

Now, my column isn't a moral advocacy blog, so I'll cut the political stuff and get back to what really bothers me about baseball.

Can someone please tell me why there are nine innings in a game of baseball? I'm sorry but that is just too damn long. And if there's a tie that goes into extra innings? I can't. I'll walk into the living room and see a baseball game on the television, leave, come back in two hours and it would still be on.

It is not necessary for a game of ball to take that long to play. If a stadium-wide "stretch" is necessary about three quarters of the way through the game, that's when you know it's too long.

Even though I absolutely can't stand baseball, there are a few advantages to the game. When baseball season begins, I know that beach weather and family picnics are just around the corner. Plus, nobody ever argues over what channel the TV should be on because everyone is watching baseball. I think the only event more watched than Baseball is the Olympics and we get the pleasure of that in a few months as well.

I'm not all sour though. If I ever have to get dragged to a baseball stadium to watch nine innings of men running back and forth, I can at least do it in jean shorts with a hot dog in hand.

Play on, boys.



ANTHONY...



I already know Melanie's about to bash the advent of baseball season and the hype and excitement America feels because of it. Doesn't matter. Baseball's back, and that's all that matters.

The calendars might say the beginning of spring is Mar. 21, but they're all just wrong. The season kicks off when Major League Baseball does. It could be 70 degrees from February on and the same idea would hold true.

It's not all necessarily about the game itself. The fanfare, the history, and the nostalgia surrounding baseball play such a huge part in making it the great American staple it is.

Fanaticism, first and foremost, is the backbone of the whole professional aspect of baseball. Without fans, major leaguers wouldn't be making the astronomical dollar figures they do to play a game they love. In the same way, without people who want to play professional baseball, say if there was very little money in it for players, then fans wouldn't have much incentive to follow a team.

Being a fan of a team is also a great thing for one to have in life. It provides a healthy distraction from everyday stresses, something to consistently root for, and a natural camaraderie with other fans of the same organization. I, myself, am a life-long New York Mets fan, so my personal experiences have given me an inside look at the benefits of fandom. You suffer with your team through their struggles, and you celebrate with them through their victories. It's family.

Baseball also gives us so many excuses

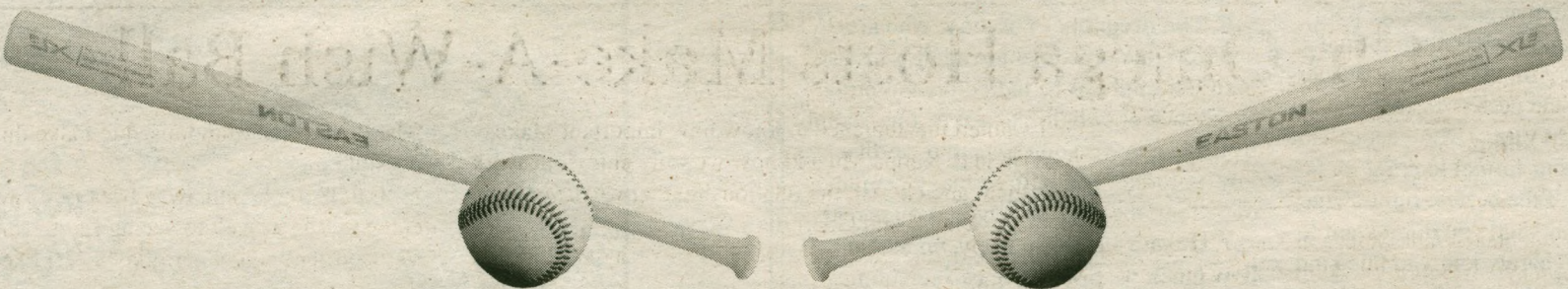
to have fun. If there's a game on TV on a dead Friday night, invite some friends over, order a ton of unhealthy food, and there you go: easy plans. Similarly, a day at the ballpark is hard to beat in its own right: hotdogs and burgers; fresh air; a Jacob deGrom shutout if you're lucky; just beautiful stuff all-around.

And then there's the simplicity of baseball that make it such a traditional game. You just need a ball, a bat, and an open space anywhere to enjoy it. There's also no time limit on games, which makes it a very pastoral sport and gives it a unique appeal you don't get in others (golf being the only exception I can think of).

The simplicity and accessibility of baseball also help with the nostalgia that it bears. One would be hard-pressed to think of anything that creates better memories in one's life than a catch between parent and child. I think of that and it almost brings a tear to my eye (I don't actually tear over thoughts of my catches as a child, but it does often hit me pretty well in the heart).

Little league is also one of the most common introductions to sports kids in the U.S. get. Know why? It's because baseball, no matter what people grow to think of it, is a national pastime and almost a right of passage for kids and sports (soccer is almost an equivalent as an introductory sport, but we all know how much less American it sounds).

Bottom line: baseball is back. Even if you don't like it, it's not going anywhere. As Kanye West would say in an award show rant, respect the artistry.



Spring Season To Dos

BY JULIA PENCEK
Staff Reporter

Spring season has arrived and with better weather approaching, students are looking forward to many outdoor sports and activities on campus.

Junior Kelyn Fillmore is excited that her softball season is finally here. "Softball is by far my favorite part of spring. Due to how much time the team spends together, we create an unbelievably strong bond that's amazing to be a part of," said Fillmore. "As soon as I step on the field, I forget about all other stresses of life. It's an outlet that I've been so blessed to have and I'm grateful for everything this game has taught me."

Last spring, a group of Sacred Heart students had an opportunity to travel to Italy with the choir.

"My favorite memory when I was in Italy would have to be driving along the Amalfi Coast. Although it was scary being in a coach bus on such a small one-way road that was basically hanging over a cliff, it was a moment I will never forget," said sophomore Julia Petrozzino.

The Sacred Heart Choir has about 800 members and 70 members were able to experience Italy.

For Sacred Heart students not involved in sports or campus clubs, there are still oppor-

tunities for fun as the year comes to a close.

Fetty Wap is this year's spring concert and will be appearing at the university on Friday, April 8.

Many students were excited when they found out that Fetty would be performing. Sophomore Faye Kenajians has been looking forward to the concert since she previously saw Fetty Wap at PNC Banks Art Center last summer.

"I waited in line for two hours for guest tickets so my friends can come enjoy the concert with me," said Kenajians.

Spring weather means that more people can spend time outside instead of being stuck in their dorms. Sophomore Caroline Deorio said that favorite memories involve sitting on the quad with her friends and enjoying the weather.

"Another aspect I love about spring is that the weather becomes warmer and the flowers and trees start to bloom again," said Deorio.

U.S. News College Campus says, "One great way to challenge yourself is to try to think about what you might regret not doing during your time in school. If you know you'd always be a little sad about not doing something, then use that fear of regret as motivation to finally get involved. You might be surprised at just how much fun you have."

Spring is the perfect time of year to get back into favorite sports or even try something new. With the warmer weather, people can take advantage of sports and activities that depend on sunnier skies.

Perspectives

Companies Target Younger Demographic With Social Media

BY CARA FUSILLO
Staff Reporter

Businesses are currently using social media platforms to target a younger demographic in hopes of selling their products.

"We have seen ads in social media, Facebook for example, for a while. However, it's been taken to the next level," said by Dr. Anca Micu, a marketing professor here at Sacred Heart, regarding the increase of advertising on various social media forums.

Though students are now used to going on Facebook and Twitter and seeing ads while scrolling through their feed, this idea is actually fairly new and inventive. Companies are now starting to take advantage of the astronomical growth of social media.

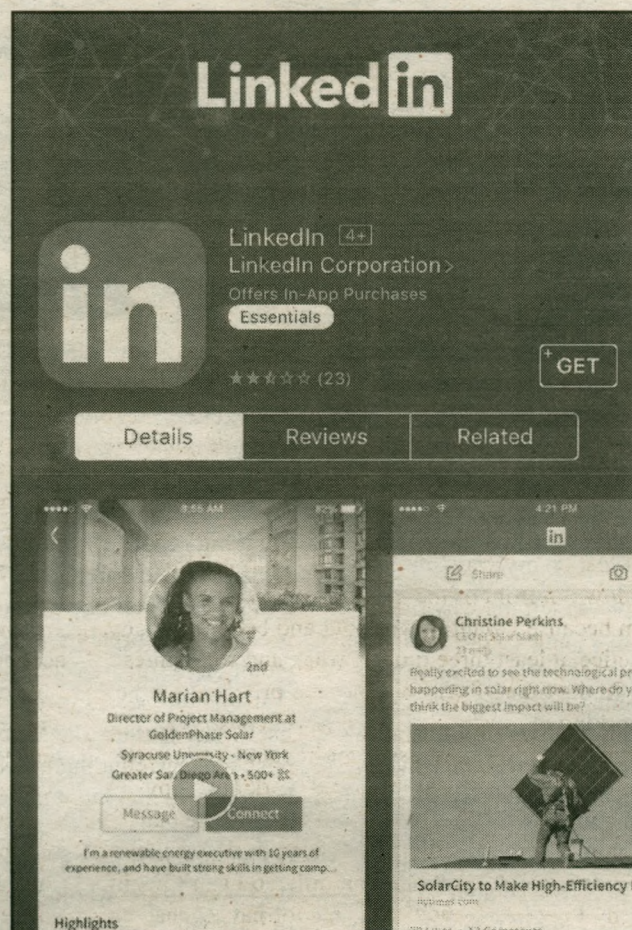
"What is being done right now is new and inventive, in the past year or so. Companies are trying to target 13 and older," said Micu.

When discussing the idea of Google and Google searches, the targeted marketing has become a popular topic. The term "retargeting" refers to a form of advertising where online advertising is formulated to appeal to consumers based on their previous Internet searches, and to know when these searches did not end in a sale or conversion.

"Companies place a tracking pixel on the product you search and then based on those they can place ads," said Micu.

This intricate marketing strategy makes companies able to appeal to any consumer, as they know exactly what they are looking for.

"I think the most effective form of social media for a brand to use to advertise is Twitter because I feel more inclined to buy the item. If I'm scrolling through my feed



LINKEDIN HAS MADE THEMSELVES AVAILABLE FOR ALL SMARTPHONE USERS THROUGH THEIR INTUITIVE AND FUNCTIONAL MOBILE APP

and I see a cute bracelet or shirt that I like, I will most likely click on the link and head to the page," said sophomore Alyson Gannon. "I think it's a great way for companies to not only broaden their range of target consumers but to become recognizable to many as well."

Companies are hiring a younger demographic to post on their social media websites in an attempt to target a demographic that spends a majority of their time scrolling through Facebook and Instagram. This can increase jobs for students looking for internships or a career in marketing, but some have brought up concerns about companies' infiltrations of consumer privacy.

"Social media is effective when advertising products if companies are using it wisely," said junior Sarah Morovich. "Facebook ads on the side of the screen are not as effective as ads that appear in the center of your screen. Sponsored posts on Instagram seem to grab my attention the most because they are incorporated in my news feed. I will actually buy a product that is advertised on social media if the brand is creative and strategic with their social media usage."

Advertisements are now being spread to multiple outlets on social media. Though Facebook and Twitter are seen as the most popular outlets, Instagram and Snapchat are now being used as well. The growing number of people who use Snapchat and Instagram has made them more desirable to businesses when marketing their products. It is speculated that people are more willing to purchase an item that they see multiple times a day on their social media.

"From a marketing stand point, advertising on social media platforms is a great way to promote a product since people are always using social media," said sophomore Victoria Gilbert. "Also when you're able to see real people on social media using the product it makes you want to trust the product more."

Formal Tips and Tricks

BY MELANIE VOLLONO
Perspectives Editor

Mother Nature seems to have finally ceased her winter wrath and it looks as if spring is upon us. You all know what that means: formal season. Whether you're a part of Greek Life, a sports team, or even a club organization, formal is a great way to bond as a team and have one final hurrah with all the seniors that are leaving. Without the right tips and preparation, formal season can be stressful, so here are 10 sure-fire ways to have the perfect formal season.

1. Find the right date - Don't scour Tinder the week of your formal looking for a winner. Chances of the perfect right-swipe last minute are slim, and you don't want to take someone you barely know to this kind of event. If you don't have a boyfriend or girlfriend, opt for a close friend rather than a casual acquaintance. Going to formal with a friend ensures you have a great time free of drama.

2. The proposal - The newest trend for formals have been adopted from the legendary "promposal." Your proposal can be simple or extravagant, full of puns, flowers, or food from your potential date's favorite restaurant. It doesn't have to be flashy, just creative. And make sure there's someone there to capture the moment on camera.

3. The dress - With hundreds of stores and boutiques in the Fairfield area, the options for what to wear can be overwhelming. Set a budget so you can limit your spending. To save even more, use websites such as renttherunway.com to find fashion that you can return once you're done.

4. Coordinate - If you've chosen to go with a significant other, make sure you match in some conceivable way. If you wear a pink dress, don't let your date show up wearing a blue tie.

5. Hair - Simple is best. Don't spend 4 hours in a salon chair for a hairdo that will come undone after 30 minutes of dancing. Plan hair and makeup around the probability of a long night of dancing. You want to be comfortable.

6. The pregame - For those who are 21 and over, the urge to enjoy adult beverages before formal can be incredibly tempting. While one or two drinks can be fine, avoid overdoing it. You don't want to be 'that guy' at formal and with so many people in one room, the risk for dehydration is real.

7. Drama - Unfortunately, no matter how much we plan, there can sometimes be drama at formal. Keep in mind that many people are feeling emotional about the year coming to a close. Remind them that you're there to have fun, and squash it before it turns into something big.

8. Transportation - Many formals offer buses to bring students to and from the event. If your organization does not offer this, make sure you have a safe and reliable ride and remember to take your cell phone.

9. Pictures - You'll want to document every part of formal, so make sure your phone is charged and you have your selfie stick at the ready. Instagram blows up with formal pictures so make sure yours stands out.

10. Have the time of your life - Formal only comes once a year, and for some, this may be the last one they have before graduating. Dance like crazy and don't hold back. It'll be gone before you know it.

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Why I Wear Makeup to the Gym

MELANIE VOLLONO
PERSPECTIVES EDITOR
.....



I think it's time that I talk about an issue that is very near and dear to my heart. You may think its juvenile or narcissistic and you may call me crazy, but I don't care and I want to stand up for everyone else out there like me.

I wear makeup when I go to the gym.

I know. What horror. How can they even let me in to work out? No I didn't get lost on my way to a Sephora. No my daddy's car didn't break down in front of the gym.

I go to the gym because I want to work out and better my body. I have dance practice at least three times a week and sometimes more depending on the time of year. I'm not too privileged to be there, and I'm working out just as hard as everyone else.

Going to the gym shouldn't be a task I don't want to complete. I center my week on what days I get to go and work out. I love picking out a fun pair of leggings to wear and my favorite pair of shoes. Now, I don't see anyone judging other people for their choice of clothing or shoe attire on the treadmill, so I can't begin to comprehend why I get looks and comments for having makeup on.

I know the "side effects" of wearing makeup to the gym. I wash and exfoliate my face after I work out so I don't clog my pores and I never wear liquid foundation. Other than those few

setbacks, there really isn't any health problem with wearing makeup while you work out as long as you cleanse your face twice a day.

I go to the gym because I want to maintain an active and healthy lifestyle that makes me feel good about my body. It isn't about running faster than someone or lifting heavier weights. I simply want to do the best for what makes me feel good. And you know what makes me feel really good? Wearing makeup.

Just as I can't go to school if I'm not dressed and looking acceptable for the day, I won't be motivated to go to the gym if I have dark bags under my eyes and a pale face. Looking good and feeling good are very closely related. Do I wish we lived in a society that didn't value a woman's worth based on the length of her lashes? Of course. But that unfortunately is not how it goes.

Look, I'm not trying to train to become an Olympic athlete, and for those of you that are, I'm not trying to get in the way of your workout. But the gym is supposed to be a no judgment zone where everyone can feel free to work on themselves. The ultimate person you have to please with your body is you.

So, if I want to get fit and be happy with how my face looks while I do it, kindly leave me alone. You don't see me hopping on your treadmill and showing you a more effective way to run.



Moving Out & Moving On

MARINNA DESANTIS
FEATURES EDITOR
.....

With only about 50 days left until graduation, I've been spending a lot of time thinking about the past, present, and future. Only four short years ago, I moved into Merton Hall for what would easily be the best time of my entire life, but time passed in the blink of an eye, and now I'm already picking out my graduation dress.

Coming into college, four years seemed like a lifetime. Now I'm looking back wishing I was still roaming the halls of Merton, spending my nights taking buses to New Haven, and my mornings filled with unlimited glasses of Flick chocolate milk and bacon.

Fast forward to senior year, class is basically not a thing at this point because, I hate to break it to you but senioritis is a serious disease. My philosophy is to enjoy my last little bit of 'freedom' before I have to be a real adult. I can't believe I'm saying that; less than three months until I'm in the real world.

Nights as a senior have been spent drinking one too many glasses at Red's, riding the bull at Johnny Utah's, and eating way too much pizza at the one and only Sono Pizza, which always somehow turned into a dance party because the music is just too good. These nights I will forever miss.

As I sit in my college house that I've come to know and love over the past two years, I can't imagine anyone else living in it. We've made our house a home, and it's my comfort zone. I'm not ready to step outside that comfort zone just yet. Connecticut has become my home.

I know I have a bright future ahead, in the best city in the world, New York. Soon after graduation I'll be packing up my bags and moving to Manhattan, for another new and exciting chapter. The scariness of not knowing what exactly is coming next is the worst part, yet also the best part.

As I begin to move on from this chapter in my life, it has forced me to realize that time doesn't stand still just because you want it to.

Sacred Heart University has given me the opportunity to grow so much as a person, while giving me some of the best friends I could ever imagine, and amazing possibilities for the future. For that, I am forever grateful.

To all the freshmen, sophomores, and juniors, cherish this time while you still can. It will go by before you know it. To college, and especially to my Madison Ave girls, you have made my experience here more special than I could have ever hoped for. Pioneers forever!

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

Students Are 'Feeling The Bern' & 'Making America Great Again'



AP PHOTO

BERNIE SANDERS (LEFT) AND DONALD TRUMP ARE BATTLING IT OUT FOR A SPOT IN THE WHITE HOUSE.

BY JENNA BILLINGS

Public Relations & Circulation Manager

Between the surprising results from recent primaries and Donald Trump's increasing success, it seems like all anyone is talking about is this year's upcoming election. On campus students are rallying behind two opposing candidates and have formed two movements dedicated to getting involved in campaign activities.

The first meeting of SHU Students For Bernie was held on Thursday, March 17 at 10:10 p.m., and was headed by junior Adyel Duran.

"I formed this movement in hopes that our students will become motivated to be active in politics in a way that is really feasible for them," said Duran. "Most importantly, I hope this movement will promote awareness of Senator Sanders' platforms across

the student body."

The meeting was attended by students interested in the candidates, as well as Christine Mikiewicz, a college campaign director and staffer on the Bernie Sanders campaign. Mikiewicz focused much of her presentation on voter registration information and resources as well as on the mechanics of phone banking, presenting two easy ways students can involve themselves in campaign activities.

"Everyone in this room should communicate or see each other again within the next week to stay involved with the cause," said Mikiewicz.

In an effort to forge this coalition on campus, students who attended the meeting put their information on a contact sheet and joined a Facebook group to coordinate future phone banks and canvassing days.

Though the candidate's platforms

are starkly different, the Students for Trump meeting followed a similar pattern. Headed by junior Mariagabriela Mossa, it was held on Thursday, March 24 at 10:10 p.m.

"The club was inspired because we want to take our country back. I am tired of the politically correct atmosphere in our country, which is being brought down and divided by our current administration," said Mossa. "I believe Trump can turn things around, and I want to be instrumental in bringing awareness to students, recruit supporters, and assist in the campaign itself."

The first meeting of SHU Students for Trump was also attended by a guest speaker. Former Navy Seal and frequent guest on FOX News, Carl Higbie, took questions from students regarding both his military background and Donald Trump's platform.

Mossa is hopeful that this coalition will reach more students in coming weeks.

"So far student interest and involvement has been encouraging. We lead as a group," said Mossa. "There is a student that will be starting a Facebook page, and who has come up with numerous ideas to promote Trump and his platform on campus."

Both Duran and Mossa plan to head canvassing activities and phone banks as election activities pick up, and hope to increase the sphere of student involvement through these coalitions.

To learn more, contact Adyel Duran at durana@mail.sacredheart.edu or Mariagabriela Mossa at mossam@mail.sacredheart.edu about getting involved, or join their Facebook groups and look out for emails about upcoming meetings.

Spring Fashion Forecast

BY STEPHANIE MILLER

Staff Reporter



AP PHOTO

THE ASSOCIATED PRESS WAS ALL OVER NEW YORK FASHION WEEK, FROM THE RUNWAYS TO CELEBRITIES, DURING EIGHT DAYS OF SPRING PREVIEWS.

Walking around campus, it's inevitable that you're going to see a variety of different styles in fashion. These can vary from classic to hipster, chic to preppy, sophisticated to traditional, western to romantic. All of these styles incorporate clothing and accessories that are unique for every different season.

New apparel is starting to come around featuring the latest trends for spring. Students often use clothing to express their unique style, and many are excited for the fresh fashion that comes along with a change in season.

On the daily basis from walking to class, going to the dining hall or working out at the gym there are always people that stand out with their fashion choices.

One piece of apparel that's popular this spring 2016 is the t-shirt dress. This trend is already being spotted around campus, often paired with a denim jacket or a baggy cardigan. This style was common throughout last spring and summer as well, but it's making a big comeback for this year.

Another trend that's making a huge statement are boyfriend jeans. Boyfriend jeans have been a major purchase in a lot of stores.

"I really enjoy boyfriend jeans because they're comfortable to wear, not too tight, and they can be worn with anything. You can dress them up or dress them down, it depends on the mood you're in," said sophomore Marina Muscarella.

An entire outfit that has been standing out for some stylish Pioneers is a pair of joggers, Adidas sneakers,

a baggy t-shirt tucked into the pants, dark lipstick, a topknot bun and Ray Ban sunglasses. This outfit has definitely become popular, especially among people who have early classes and don't want to wear uncomfortable jeans to their 8 a.m. classes.

Going out as a college student, bodysuits, high-wasted jeans or a long skirt, and a pair of lace up heels is what's easiest to throw on and is very stylish at the same time. This type of outfit can be dressed up by choosing a bodysuit with a more stylish or elaborate design, like a v-neck criss-cross neckline. Every girl loves an edgy top that is cute and relaxed.

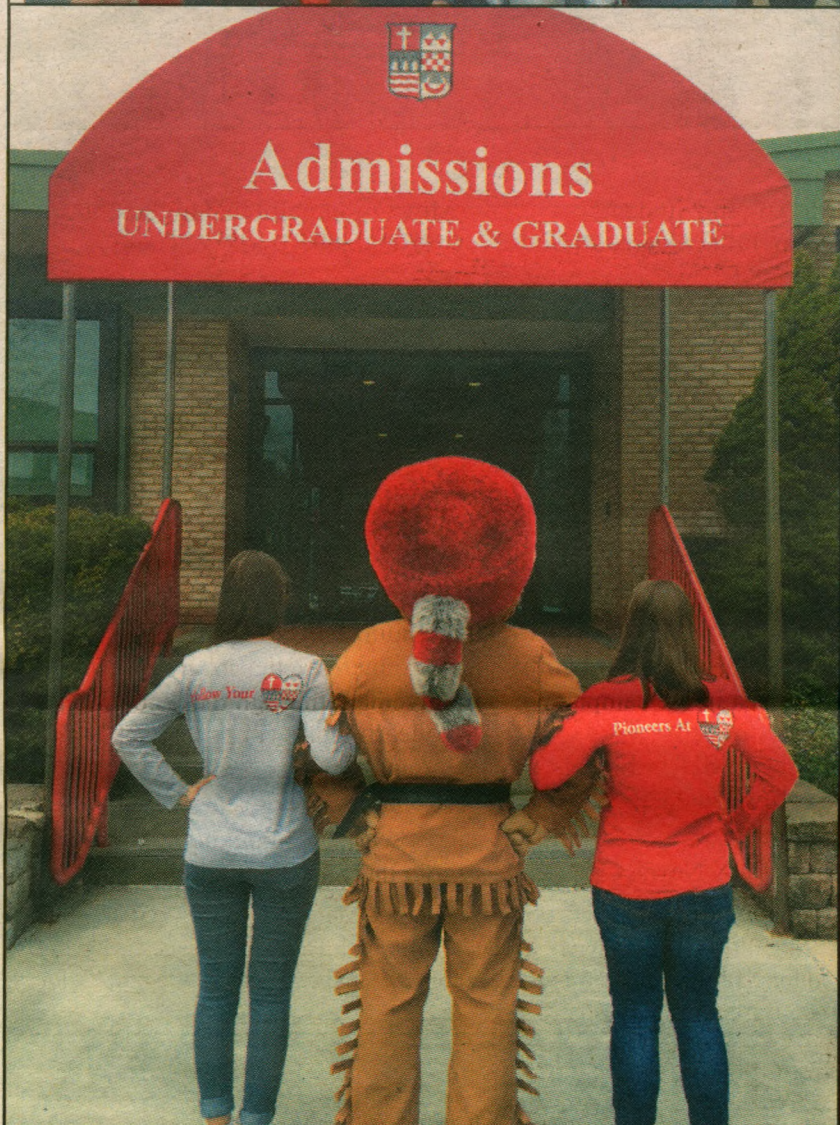
"Whenever I wear this outfit out I don't have to worry about the top untucking from my jeans or skirt. Having a bodysuit is extremely easy and comfortable too," said sophomore Gabrielle Sapieza.

Other than what's seen on college campuses, Pinterest and Tumblr are convenient ways of discovering and seeking out the latest trends in fashion. Rompers are going to be staple pieces for this season. Lace-up shoes, both heels and sandals, are going to be huge this year too. Affordable designers such as Steve Madden have amazing shoe collections for spring, at a price that won't completely empty a college student's wallet.

As the snow melts and the sun gets hotter, our outfits are losing some layers as well. Fashion changes with every passing day and the Sacred Heart community is already starting to embrace the unique fashion opportunities that come with the spring season.

Features

Student Ambassadors: Pioneers at Heart



MARIE NAKOS/ SACRED HEART UNDERGRAD ADMISSIONS GA

SACRED HEART UNIVERSITY STUDENT AMBASSADORS SHOWING THEIR PIONEER PRIDE IN MORE WAYS THAN ONE.

BY EMILY ARCHACKI
Editor-in-Chief

Do you remember your tour of Sacred Heart University as a high school junior or senior? What were the important factors in your decision?

Was it the look of the campus, the academics or the opportunity for extracurricular activities? Perhaps it was the student who guided you and your family on a tour that was most memorable?

The Office of Undergraduate Admissions is currently accepting applications for Student Ambassadors for the 2016-2017 academic year.

"A SHU Student Ambassador is an official representative of the university to prospective guests to the university," said Rob Gilmore, Director of Campus Experience.

But what exactly is the job description of a student ambassador?

"An ambassador does everything from greeting families, to facilitating campus tours, and representing the university at off-campus receptions. But that's just the tip of the iceberg, ambassadors have many more responsibilities throughout the year," said Gilmore.

All full-time rising sophomores, juniors and seniors with at least a 2.75 GPA are eligible to apply.

"Students should consider applying to be a Student Ambassador because it's the best job on campus. You get to know everything that's going on at Sacred

Heart and get to share it with incoming students and help them make the decision to come here," said sophomore Matt Plank. "I [applied to be a Student Ambassador] myself because I wanted to get more involved on campus. I did not know it would end up being this fun, but so far it has really been nothing but a great time."

Students interested in applying need to complete the application found on the Sacred Heart website. In addition to the application, there is a recommendation form that needs to be filled out by a university faculty or staff member.

"To me, being a student ambassador is representing SHU not only as just a school, but also a home," said sophomore Danielle Dy. "I love it when prospective students and parents say this is the place they see themselves for the next couple of years. It's just an amazing feeling to know that you made that impact on them and opened their eyes to envision their future here."

"Being a Student Ambassador is so much more than just being a tour guide. It's impacting this University's future through your actions," said Marie Nakos, Undergraduate Admissions Graduate Assistant and former Student Ambassador.

Beyond learning more about the university overall and having the opportunity to showcase one's love for Sacred Heart, the position also allows students to gain important skills for the future.

"The Student Ambassador program gives

students the opportunity to learn and grow through their position. Necessary job skills such as public speaking, customer service, event hosting and time management are all developed through a student's time in this program. It is beneficial when the time comes to apply for a job after graduation," said Nakos.

"This is a great opportunity for all Sacred Heart students to represent their university, to show their passions for being a pioneer, and it is a great leadership opportunity," said Rob Gilmore.

If chosen to be a student ambassador, students will "go through extensive training and then will be assigned to weekly tour shifts and will also be assigned to work various admissions events throughout the year," said Rob Gilmore.

Schedules are made at the beginning of every fall and spring semester.

"Only a select number of students nationwide are [chosen] to be a student ambassador at their university. We take pride in our students who are selected to be Ambassadors because they help continue the legacy of this great institution of Sacred Heart University," said Gilmore.

Applications can be found online at www.sacredheart.edu/admissions/undergraduateadmissions/studentambassadors/apply. The deadline is April 15.

"If you're thinking about applying – do it because you won't regret it," said Dy.

Arts & Entertainment

SHU L.O.V.E. Gets "Wild" with Annual POPS Concert

BY JULIANNA MAURIELLO
Staff Reporter

Sacred Heart University's all-female choral group, SHU L.O.V.E., presented their spring concert on Friday, April 1 in the Edgerton Center for the Performing Arts.

"The night was great," said sophomore Rebecca Hinckley. "Everything went smoothly, everyone seemed to be having a fun time, and the audience seemed really into it."

The program consisted of 15 pop songs, each with live accompaniment.

Members of the choir discussed how preparation for the event has been.

"Any rehearsal process is long and tedious, especially when you care so much about the final product," said junior Alexandra Kostis. "We had a wild ride trying to get this show on its feet, but somehow we always pull it together."

The stage was set to fit the concert's theme, "Wild at Heart." A string of leaves lined the stage and a projector emitted a background which changed throughout the night according to the song.

Two featured soloists, seniors Courtney Ruvolo and Justine Galang, stepped onto the stage while the rest of the choir filed in from the back of the theater and sang the first song of the night, "Circle of Life" from "The Lion King." The song transitioned into "Shadowland," also from "The Lion King," with sophomore Maria Ogundolani as the featured soloist.

After the choir went backstage, the first series of solo performances were performed by juniors Mikaela McGuire and Rachel Proffitt, who sang "Animal" by Keshi. Junior Sagine Joassin followed with her solo performance of "Be Like Him" by Kirk Franklin. Seniors Jenna De Meo, Kaleigh Paccioretti and Ruvolo sang "Black Horse and the Cherry Tree" by KT Tunstall, and junior Christina Martello sang "Titanium" by Sia.

"All of the soloists really showcased the talent within the program. They were my favorite part," said freshman Stephanie DeSantis. "They put such great emotion into their songs."

The choir came back out onto the risers and sang "Africa" by David Paich and Jeff Porcaro. The girls, who were previously seen in custom t-shirts for the event, changed into outfits with a cheetah print theme.



MARK CONRAD/ SACRED HEART UNIVERSITY

SACRED HEART UNIVERSITY'S SHU LOVE (LADIES ONLY VOCAL ENSEMBLE) PRESENTED "WILD AT HEART" AT THE EDGERTON CENTER FOR THE PERFORMING ARTS ON APRIL 1.

"I loved how they all changed outfits and had different accessories for each number," said junior Emily Creighton. "It added even more detail and variety to the performances. I enjoyed it all."

Sophomore Alana Ferrone initiated the next series of solos by singing "Hell on Heels" by Pistol Annies, followed by junior Alexandra Kostis, who sang "A Sleepin' Bee" from "House of Flowers," junior Julia Gonfiantini, who sang "Beauty and the Beast," and senior April Jaurequi, who sang "The Rose" by Amanda McBroom.

Members of the audience further shared how much they enjoyed the solo performances.

"My favorite part of the night was listening to the individual members sing. I thought it added a lot to the concert," said freshman Abby Black. "Hearing the girls sing together as a group was amazing, but I also loved hearing all of the separate voices that come together to make up the sound of the group as a whole."

The choir, now dressed in all black attire, came back out and sang "Blackbird" by The Beatles.

Junior Jane Kenney then performed "Green Finch and Linnet Bird" from "Sweeney Todd: The Demon Barber of

Fleet Street," for the final individual performance of the night.

Before the closing numbers, flowers and gifts were presented to the seniors of the group and to SHU L.O.V.E. director Anna Deveau-Jalbert.

The choir filled the risers and sang "Eye of the Tiger" by Survivor, which was a favorite among different members within the choir.

"As far as a group number, my favorite song was probably 'Eye of the Tiger,'" said Kostis. "We worked on it the longest and the piece was just fun. The performance sounded great."

The number also included movement, unlike the other songs that have been performed throughout the night.

"My favorite song was 'Eye of the Tiger' because it involved dance moves and had such high energy," said Hinckley.

To conclude the event, the girls sang "Ain't No Mountain High Enough" by Marvin Gaye and Tammy Terrell, with sophomores Meredith Conroy and Wendy Estavien as the choir's final featured soloists.

"We all came together and sang our hearts out," said Kostis. "I'd say the night was a success."

"Meet Mario" Premiere Local filmmakers premiere film drama

BY NATALIE CIOFARRI
Arts & Entertainment Editor

On Sunday, March 20, "Meet Mario" had its Sacred Heart University premiere.

"Meet Mario" is a film that was co-written and co-produced by two Sacred Heart Film & Television Masters Program graduate students. Julie Robinson is a co-producer, co-writer, and casting director, and D.J. Higgins is a co-producer and director of the film.

Their first premiere was in New York on Nov. 7. With the March 20 screening, they were able to bring the film home to where it all started.

"We were lucky to be able to engage with the alumni association at SHU and bring Mario to Connecticut," said Robinson.

The filmmaker has quite a personal connection with the town of Bridgeport itself, as well.

"I grew up here - born in Bridgeport, raised in Stratford," said Robinson.

The premiere was open to the public. Robinson's and Higgins' supporters also made their way to the event.

Cocktail hour began at 5 p.m., and guests had the opportunity to meet and speak with Robinson and Higgins. The Edgerton Center was filled with food, drinks, and eager audience members.

The showing of the film began at 6 p.m., when Robinson and Higgins introduced the film. They also made a special shout out to their friends, family, and everyone else that helped make this film come to life. Tom D'Angelo was included in that speech; he helped Robinson and Higgins produce the film.

"It's inspiring to see two people really doing it for the first time. It's even more inspiring and so much more fun being a part of it. I mean, I'm very proud of the work we did here. We did this movie with very little money," said D'Angelo.

While the audience consisted was not huge, their enthusiasm for the movie and the filmmakers was contagious.

"When you go into the festival circuit it is mostly filmmakers. Everybody is talking technical, that type of thing. This one we are going to get some real honest opinions about it - which is exactly the message we are trying to send through," said Robinson.

Plus, audience members from Connecticut and Sacred Heart got a chance to see some familiar locations in the movie.

"There were so many scenes that were shot in Connecticut. The library was from Sacred Heart, the church was in Stamford. It's special to come back to the place where it all started when it came to revisiting a lot of the locations that were in the movie, and to the people that supported us," said Higgins.

The feature film brought the audience members to laughter, sighs, and even some tears.

"It's a really great story, especially in today's political climate because it breaks racial and ethnic stereotypes, and that was really important thing to me," said D'Angelo.

Robinson and Higgins received the audience reactions that they were waiting for.

Students who are currently studying communications and film shared their reactions to the movie.

"I thought it was a great film and well developed. It

deals with racism which is unfortunately still continuing today... Mario is a kind man and the audience can tell he is a kindhearted man who is simply in love," said sophomore Lauren Finan.

Not only does the film bring up racial and ethnic issues, but the subject of hard work.

"We went out and we risked a lot [with this film]. People may laugh at us, it could [have] turned out to be nothing, but it turned out to be something. It turned out that a lot of people appreciated the message, which is embracing identity against racism," said Higgins.

It is also an inspiration to other aspiring film makers to look the negativity and critics of others, and to just go for it.

"You have to persevere - I wake up every day, and if I am on set, I'm thrilled - I consider that a success. You have to be a fighter. Making this movie was the hardest thing I have ever done in my life," said Higgins.

Yet, the hard work paid off for Robinson, Higgins, and D'Angelo.

"Students that are studying film making right now, whether you're on the producing end, the writing end, the directing end, or whatever part of the industry you want to be involved in - I think you have to stay focused on what your goal is," said D'Angelo.

Regarding the FTMA program, Robinson had some more advice for young aspiring filmmakers.

"I hope the FTMA graduates can do what I am doing. We went school because we love making films, and I hope that those kids who are still going down there, and the classes they take - this is what they will do," said Robinson.

Arts & Entertainment

Academy of Country Music Awards Recap

BY EMILY ARCHACKI
Editor-in-Chief



CHRIS STAPLETON POSES WITH THE AWARDS FOR ALBUM OF THE YEAR FOR "TRAVELLER", NEW MALE VOCALIST OF THE YEAR, MALE VOCALIST OF THE YEAR AND SONG OF THE YEAR FOR "NOBODY TO BLAME".

AP PHOTO

The Academy of Country Music Awards (ACMs) held its annual awards ceremony on Sunday, April 3 in Las Vegas, Nev. Country singers Luke Bryan and Dierks Bentley hosted the ceremony.

Jason Aldean won the top award for the evening, Entertainer of the Year.

According to an Associated Press article, while on stage Aldean said, "I was just starting to think this one wasn't in the cards for me. This is one of the best nights of my professional career."

Aldean was previously nominated for the award four other times in 2015, 2013, 2012, and 2011.

Another big winner of the evening was Chris Stapleton who won a total of six awards including, Male Vocalist of the Year, New Male Vocalist of the Year, Song of the Year and Album of the Year. He won twice on album and song as the artist and songwriter-producer for both.

"Thank you for being so kind to me," said Stapleton while on stage, according to the Associated Press.

Stapleton won in six out of the seven categories he was nominated which ties him with artists Garth Brooks and Faith Hill for most wins in a single evening at the ACMs.

In addition to announcing the winners of the awards, the ceremony was filled with a variety of musical performances.

"I thought Cam's performance was the highlight of the night," said senior Brian Day.

Female country artist Cam performed her hit "Burning House" and was nominated for six awards.

Among some of the performance highlights were Eric Church's tribute to rock icons Scott Weiland, the former Stone Temple Pilots front man; David Bowie; Lemmy Kilmister of Motorhead; and The Eagles' Glenn

Frey. Carrie Underwood also performed her latest single "Church Bells," and Keith Urban performed his hit "Wasted Time."

"I really enjoyed Tim McGraw's performance of 'Humble and Kind.' Bringing all those people to stand on stage with him shows that country music is enjoyed by a diverse group of people and that this genre isn't just about the typical themes of beer drinking, chasing girls, and driving trucks that people make it out to be," said sophomore Logan Cook. "Country music has expanded past these themes to bring more people in."

The individuals on stage ranged in age, ethnicity, and gender. Some people were dressed in clothing representing their backgrounds or their occupations.

Even though the genre of the night was country, two major pop artists performed alongside country stars.

Pop singer Katy Perry sang a duet with Dolly Parton. Parton received the Tex Ritter Award for films that honor country music for the television movie about her childhood, "Dolly Parton's Coat of Many Colors."

Kelsea Ballerini performed her song "Peter Pan" with pop singer Nick Jonas.

The men of country were not the only ones who walked away with awards. Miranda Lambert won Female Vocalist of the Year for a record setting seventh time. Kelsea Ballerini won for New Female Vocalist of the Year.

Other winners of the night were Florida Georgia Line for Vocal Duo of the Year, Little Big Town for Vocal Group of the Year, and New Vocal Duo or Group of the Year was Old Dominion.

Thomas Rhett's song "Die a Happy Man" won Single Record of the Year, and Eric Church's music video for "Mr. Misunderstood" won Video of the Year.

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'The Millennial Tattoo' Project

BY SYDNEY RUGGIERO
Staff Reporter

As Coordinator of Multimedia Journalism at Sacred Heart University, Professor Richard Falco is no stranger to photographing and capturing images that define the changes in culture and society.

In one of his new projects, "The Millennial Tattoo," Falco demonstrates in a series of photographs the tattoo craze of a generation not too far from the 21st century.

Falco uses the word millennial to identify the generation of people born after 1980, according to his website description of his project.

"The thing that interested me was the fact that your generation unlike any other generation seems to be more than a little obsessed with tattoos, and I saw it with the population here and with people your age," said Falco.

Falco attended a tattoo convention in Westchester County, accompanied by his daughter who suggested going to the event.

"I photographed the event thinking quite honestly nothing of it. I was just there to take pictures," said Falco. "Then we started to edit it together and we realized we had some interesting pictures."

One of the images Falco took was of a young woman getting a large tattoo on her thigh. The woman in the photo had a preexisting tattoo on her hip.

"For this generation it's a part of their identity I think," said Falco.

The group photo that was captured had four different people all getting tattoos on different parts of their bodies. From this shot you are able to see the tattoo tables that the clients are laying on and also all the supplies that the tattoo artists have on their stands with them as they work.

"I see where they could be called

generational, but I think that it's more about the fact that self-expression is becoming more accepted in society. That's what having tattoos is, just self-expression. To have something that means that much to you that you permanently want it on your body is taking a stance on what you believe in and what you live by. I love my tattoo," said senior Theresa Bertolino.

According to StatisticBrain online, about 45 million Americans have at least one tattoo. Only about 11% of people end up removing their tattoos or are in the process of removing a tattoo.

"They're cool up to a point. Tribal, small quotes and little tattoos are nice, but the bigger you go with the art work, the weirder and stranger it can get. I don't think they're a generational thing because people of all ages have them nowadays," said sophomore Gianna DiMartino.

According to Falco, "40% of your generation has a tattoo. Of that 40% over 50% I think have two or more."

The clients in the photos varied between young women and men.

"If the person who is getting it likes it, or it means something to them, I don't see any downside to getting tattoos. Besides if you really end up hating them there's always tattoo removal," said freshman Mike Villanueva.

Almost all of the clients in the photos already had a tattoo. Popular placements of the tattoos were seen on the leg, shoulder, arm and chest just to name a few.

"I saw it as another component of news. It's a story to me when you connect it to this generational thing that's national and you say 'oh my gosh we are in a very different place than we are for 25 people who want a tattoo,'" said Falco.

To see Falco's "Millennial Tattoo" photographs, you can visit www.visionproject.org.

seton hall summer



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Sports

Getting In The Game

A Symposium on Women in Sports Media Planned For 4/23

BY SHAWN SAILER & EMILY ARCHACKI
Sports Editor & Editor-In-Chief

The Sacred Heart University Graduate Program in Sports Communication and Media will be presenting "Getting in the Game: A Symposium in Sports Media" on Saturday, April 23. The event is sponsored by The Connecticut Office of Film, Television and Digital Media.

"The idea of the event came while we were developing plans for the graduate program in Sports Communication and Media (SCM). We thought it would be great to develop a recurring signature event that the students could help produce," said Professor Andrew Miller, Director of the Sports Communication and Media Graduate Program.

The event goals are to assist college and high-school students in pursuing careers in sports media, connect young professionals with in their field, and provide senior contributors a forum to share their knowledge and experience.

"The idea of hosting an event geared towards women in sports media is a excellent opportunity for our university," said Mario Miranda, Sports Communication and Media Graduate Assistant. "Often women in sports get overlooked simply because people associate sports most of the time with the male gender. I think having this event will shed light on the knowledge and talent that women bring to the sports media industry in all facets."

The symposium will feature a conversation with ESPN's Jemele Hill, who is the co-host with Michael Smith on "His & Hers," a sports discussion show which airs on ESPN2 weekdays at 12 p.m. ET.

"SCM Advisory Board member Marti Hanzlik suggested that she would be a great fit for the event. Then she coordinated with Jemele Hill, who generously agreed to be the featured speaker," said Miller.

The conversation will be moderated by Paul Pabst, who is the Executive Producer of the Dan Patrick Show on NBC Sports and a clinical instructor and Sports Communication & Media Professional Development Coordinator in the Sacred Heart Communications Department.

"I love that I get the chance to delve into the developments in sports media with Jemele in order to look at the changes, for the positive, [and] for women in our field," said Pabst. "I know Jemele's work very well. I met her at the Super Bowl in Indianapolis [in 2012]. She's an original, in her writing and her on-air ability."

In addition to Hill, there are 11 other media professionals

who will be speaking at the event.

"We have a great panel of guests coming to this event from different areas of sports media," said sports communication graduate student Colleen Wall. "In addition to the talent we see on-air, we are hosting successful women from the other side of the camera who work in production and marketing. Attendees will be able to hear all different aspects of the business, not just the end product we see on TV."

Media professionals attending work for organizations such as ESPN, NBC Sports, and Time Inc.

"The list of guests we have put together for this event is really strong," said Miranda. "Just having people from such companies two of the biggest sports media companies in the world, being ESPN and NBCSN, will be extremely beneficial to all in attendance."

"I think this will give a deserving voice to women working towards a career in sports media. Women are still underrepresented in the sports industry and this symposium will be a great way for current professionals to share their knowledge and expertise to better help their aspiring future co-workers," said Wall.

The symposium will include discussions from featured speakers on what it is like for women to break into the sports media, the challenges, and what had to be overcome for these women to get where they are today.

"Through recent years, we have seen women take on more and more careers in the sports media field. Women in college, like myself, who are interested in a career in sports media can tell you that the majority of people in that career are men," said senior Kara Levine. "Hosting this symposium is a great way to inspire women to go after what they want even if they feel like they are the underdog."

"I think that it is going to be a great event that really showcases the changes in media in recent years, and how women in sports media have been so important this decade for those of the female gender who want to talk about sports and their opinions too," said junior Geno Gonnello.

The event will run from 9 a.m. to 1 p.m. and is being held in Sacred Heart's Martire Business and Communications Center. Admission is free, however registration is required.

Registration can be completed by visiting <https://www.eventbrite.com/e/getting-in-the-game-a-symposium-on-women-in-sports-media-tickets-23039838778?aff=es2>

"Both male and female students should come listen to what our panelists have to say," said Pabst. "This is about sports media, but it will be much more about cultural development."

ADDITIONAL SCHEDULED SPEAKERS:

Annemarie Ahearn/Time Inc.
Therese Andrews/ESPN
Maureen Barend/ESPN
Heather Croteau/NBC Sports
Chris Draper/ESPN
Marti Hanzlik/ESPN
Amy Harrigan/ESPN
Slaine Kelly/NBC Sports
Jen Lada/ESPN
Carolyn Manno/NBC Sports
Kathleen McNamara/ESPN
Lacy Sloan/ESPN



SACRED HEART UNIVERSITY

JEMELE HILL WILL BE THE FEATURED GUEST SPEAKER

Track Coaches Named NEC Staff of the Year

Morrison and staff awarded top honors

BY ALEX PADALINO
Staff Reporter

The men's and women's track coaching staff added another award to their repertoire this season as the staff was named the Northeast Conference Coaching Staff of the Year for the 2015-16 indoor track season.

Led by 21-year veteran Christian Morrison, they received this honor for the third consecutive year. Including cross country, Morrison has now been named Coach of the Year an outstanding 15 times during his 21 seasons at Sacred Heart University.

Each year, the coaching staff recruits, trains and works with new runners. While there is constant turnover of athletes, the consistency of the team is always the same; winning never stops.

Assistant Pole Vault Coach Timothy Beach credited the runners, not the coaching staff, with this award.

"I really credit the kids with this honor. You are not going to win coaching staff of the year if the kids don't win it. It's an honor when other coaches vote for you," said Beach.

Other assistant coaches who have been part of the staff for a single season recognize the value of working under Coach Morrison and provide insight as to how Morrison continues to dominate from year to year.

"This is my first year with the Sacred Heart University

track team. Coach Morrison has been a wealth of knowledge. He understands that a well-rounded program is what brings home championships. He takes on many responsibilities, so learning from him has been very rewarding," said Assistant Throwing Coach Kevin Gillhuly.

The success of the team goes far beyond the track. Being a Division I runner requires discipline and sacrifice outside of daily practices.

"These athletes have the discipline and mindset that they need to eat healthy, study hard, and train smart to be effective both in the classroom and on the track," said Gillhuly.

In addition to the coaching staff winning an award, men's team captain Sean Ferguson also received recognition at the final indoor winter meet of his career. Ferguson, who earned gold in the 3000 and 5000 Meters, became the third Sacred Heart Pioneer in the program's history to capture the honor of Most Outstanding Performer.

"Individual awards are really not that important to me, but it was nice to win. To accomplish this in a conference of very talented athletes was not something I expected to do," said Ferguson.

Ferguson's work ethic and determination is similar to that of his coaches. He wants to win, not only for himself, but also for his teammates. According to Coach Beach, it is clear Ferguson's goal is simple from watching him run.

"When you see him run, he's in front and he wants to stay there," said Beach.

While the winter season may be over, the Sacred Heart Women Pioneers have the opportunity to make history as they begin their spring season. While they have already won NEC Championships in cross country and indoor track and field this year, an outdoor track and field conference championship would award them the NEC Triple Crown for the second year in a row.

According to the Sacred Heart Pioneers athletic website, this team would be the first to accomplish back-to-back NEC Triple Crowns since 1997. While Ferguson is not a member of this team, he understand the importance of this record breaking win.

"The women are constantly working hard and it's always nice to see a program at Sacred Heart doing well. I think that winning another championship for them is possible, but obviously accomplishing such a feat would not be easy," said Ferguson.

Morrison has led his team to victory year after year with the help of his coaching staff and the dedication of his runners. Without teamwork, awards like Coaching Staff of the Year would not be possible.

"The coaching staff is a well-oiled machine that's able to work together towards our mission, vision, and purpose," said Assistant Sprints Coach Ranard Adkison.

Sports

Life & Sports Analysis Clinic Has Lots to Offer

BY ANDREW ROACH
Staff Reporter

Sacred Heart University broke ground roughly a year ago on a new facility to house its College of Health Professions and Nursing. A major focal point for the new building will be the Life & Sports Analysis Clinic, something many at Sacred Heart University know little about.

The Life & Sports Analysis Clinic has been operating since 2008 and, in the fall of 2012, they became more active by working with the Division I programs here on campus.

"As a football player here at Sacred Heart, I've thought about using the Life & Sports Analysis Clinic this summer as I prepare for my upcoming season," said sophomore Matthew Ilalio.

"I've done my research on the Life & Sports Analysis Clinic, and I'm definitely going to use it this summer to improve my running gait while I still rehab my repaired ACL," said senior Francis DiGiorgi.

The Life & Sports Analysis Clinic has worked with several athletic programs on campus for various different services. Their goal is to provide evidence-based results to better train and manage athletes.

"Being a high-level athlete requires attention to detail, such as biomechanical analysis, body composition, performance measurements, and injury risk screenings," said Brendan Rickert, LSAC Clinical Exercise Physiologist.

LSAC provides many services to the entire SHU community as well as the local residents of Bridgeport and Fairfield. While their running gait analysis program is a marquee program for them, they also provide many other high-end programs.

"Some of our other most popular services is our 'BOD POD,' which measures body composition, specifically fat mass, which is far more useful than a simple Body Mass Index calculation," said Rickert.

LSAC recently held a "RUNscience Clinic" this past January that was geared towards high school coaches and



LIFE & SPORTS ANALYSIS CLINIC OFFICIAL LOGO

LIFE & SPORTS ANALYSIS CLINIC FACEBOOK PAGE

had both expert coaches and scientifically based portions of the programs to help combine coaching theory and practice into one clinic.

In the fall of 2015, LSAC worked closely at times with Sacred Heart and Fairfield's men's and women's cross country and track teams, while also having a steady stream of recreational runners who come in for their services frequently.

"On my way to becoming the first male individual conference champion in program history, the Life & Sports Analysis played a major role and I'm thankful for their clinic," said senior Sean Ferguson of men's cross country.

"Ultimately, we want our athletic programs to perform at the highest level possible," said Rickert.

LSAC is looking to expand at Sacred Heart more in 2016 by doing free lectures and fun events on campus instead of at their Oakview location, this to better educate their colleagues and students.

"We host many events to help everyone in the Sacred Heart community become more aware of our Clinic. Also, we keep our prices for our services well below the industry standard for everyone on campus to take advantage of,"

said Rickert.

Other than training and helping their athletes become better in every area, they also have access to some of the best equipment in the athletic rehabilitation industry.

"The Alter-G is a relatively new tool in the rehabilitation world and we are fortunate enough to have one of 10 in the state right here on campus," said Rickert. "The Alter-G uses differential air pressure to artificially reduce a person's body weight through gravity changes."

Additionally, they offer nutritional counseling, personal training, group exercise classes, and coaching. With the recent purchase of the Great River Golf Course they are looking to expand biomechanical services to the sport of golf.

"We're excited for what the future holds for our organization and the University in the coming years," said Rickert.

LSAC is currently located in the Motion Analysis Lab at the Oakview Campus, and upon the completion of the new College of Health Professions facility in the Spring of 2017, they will switch facilities.

Pioneer Men's Volleyball: Peaking at the Right Time

BY ZACK TSAMISIS
Staff Reporter



SACRED HEART UNIVERSITY ATHLETIC COMMUNICATIONS

THE MEN'S VOLLEYBALL TEAM GETTING PUMPED FOR THEIR GAME

Peaking at the right time, Sacred Heart University Men's Volleyball team has everyone's attention coming off an up and down first half of the season.

The team has bought into Head Coach Gregory Walker's philosophy and has momentum going into the final games of the season.

"Coach Walker has really worked with us in overhauling our offensive system. This new offense is much faster and therefore harder to defend, making us more effective in generating points. We honestly struggled with it in the fall

and it took months to get the timing down between setters and attackers. But now I think, since we have been in the swing of things for so long, we are pretty effective offensively in this new system," said sophomore Opposite Hitter Trent Thompson.

The Pioneers have been putting in the work and the proof is in how effective the team has been of late, coming off of a 3-0 win against Harvard to end the month of March.

"We have been practicing each day, running very fast sets to all the areas of the court. It has been the biggest component of our success as a whole this season," said sophomore Libero Joshua Ayzenberg.

With a team-first approach, the Pioneers have grown a lot this season. A few major stand outs have been Starting Attackers Austin Arcala and Chris Delucie, as well as Ayzenberg on defense.

"They have the possibility of being mentioned in the all-American voting in my opinion," said Thompson.

"Chris Delucie currently ranks 20th in the country in kills per set and 16th in overall points per set. He has carried our offense and also makes great contributions blocking and from the service line. Josh Ayzenberg is ranked 11th in the nation in digs per set, just 0.43 digs per set shy of being number one. In conference play, Josh leads the EIVA with 74 digs," said Thompson.

However, standouts as student-athletes have caught the eye of coach Walker.

"Athletes like Michael McLaughlin, Tom Wiszniewski, Wesley Blodig, Blake Cox and Bobby Costigan bring a

lot to the team day in and day out in terms of their roles as Student-Athletes," said Walker. "They are excellent students in the classroom and workhorses in the training gym. They currently are not 'starters' for us, but the amount of growth I have seen from these players in the few months is incredible. The players that aren't always in the spotlight, for me, are the reason why our 'stand-out' players get the credit. Team sports mean everyone carries their own weight and contribute in one way or another – and our team does a great job as a whole contributing to our season."

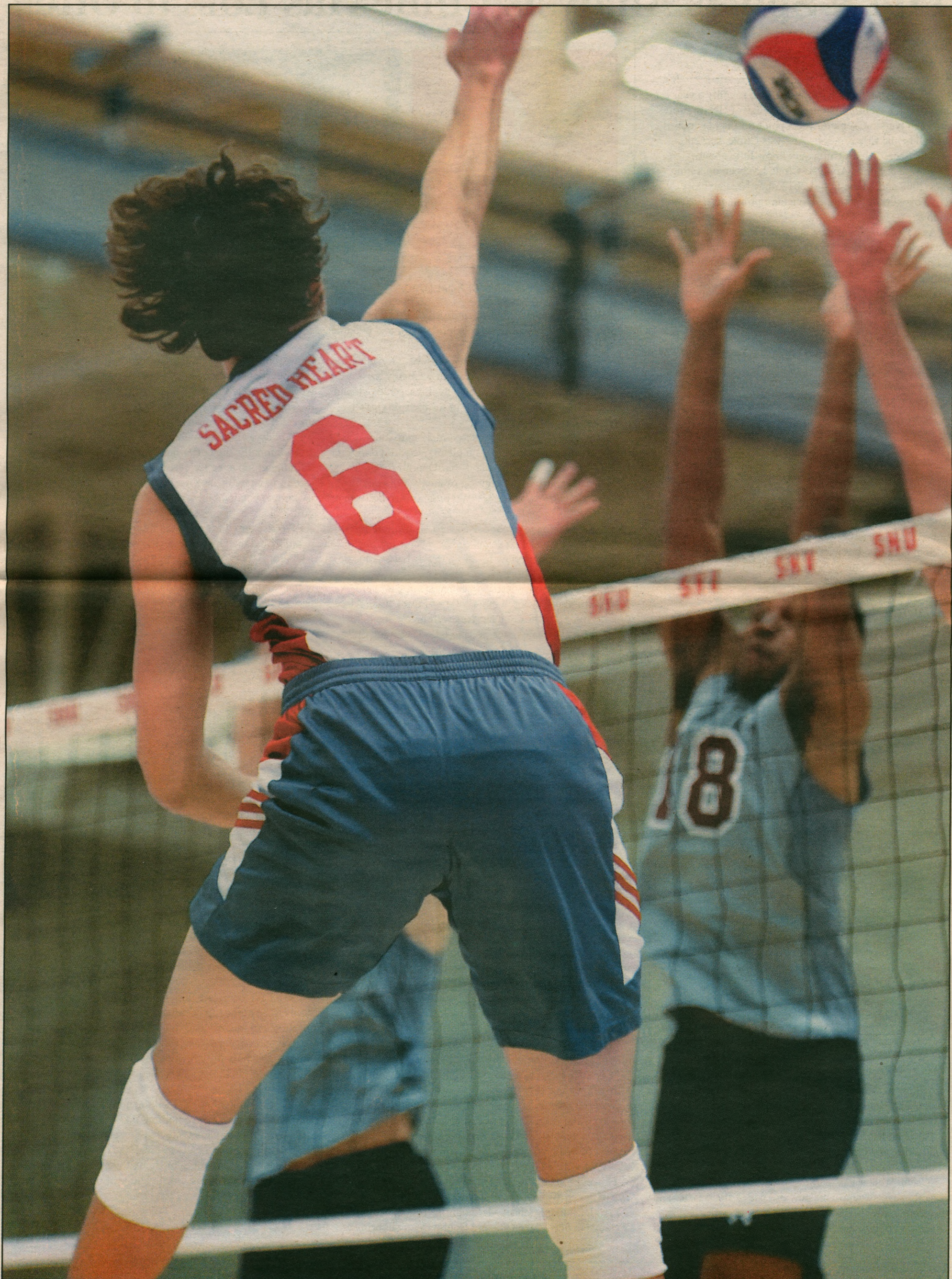
As a team, they expect nothing but success for the remainder of the season with hopes of reaching the post season.

"We have complete faith that we have the necessary tools to be at the top of our conference. We need to stay healthy and tough," said junior middle hitter Doug Dzema.

The team plans to take each match one at a time, making mini goals, hopefully landing them in the second seed in the Eastern Intercollegiate Volleyball Association tournament.

"Coach Walker has instilled the mindset in all of us that this team can achieve something that has never been done in Sacred Heart men's volleyball history. We did not take this lightly and we expect to break the cycle of mediocrity we once had. We want to move on to having a program that achieves greatness year in and year out," said Josh Ayzenberg.

Sports



TRENT THOMPSON SPIKES THE BALL TO OPPOSING TEAM, GEORGE MASON

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